

Good Old Days

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Danielle MODICA (FR) - August 2019
音樂: Good Old Days - The Abrams



Intro: 16 count

[1-8] TRIPLE STEP R, ¼ TURN L, TRIPLE STEP L, ¼ TURN R, TRIPLE STEP R, ¼ TURN L, TRIPLE STEP L,

1&2 RF to the Right (1), LF beside RF (&), RF to the Right (2), 12H
3&4 ¼ turn left LF to the left (3), RF beside LF (&) LF to the left (4) 9H
5&6 ¼ turn to the right RF to the right (5), LF beside RF (&) RF to the right (6) 6H
7&8 ¼ turn left LF to the left (7), RF beside LF (&) LF to the left (8) 3H

[9-16] HEEL GRIND R ¼ TURN R, COASTER STEP R, HEEL L, HEEL R, SWITCH L R,

1-2 heel grind RF forward (3H) pivot ¼ turn to the right (1), recover BW on the LF (2) (6H)
3&4 Step back RF (3), LF beside RF (&), step RF forward (4) 6H
5&6 Heel LF forward (5), together LF beside RF (&), heel RF forward (6)
7&8 Point LF to the left (7), together LF beside RF (&), point RF to the right (8)

RESTART here on the 9th wall, start again the dance in front of 6h

[17-24] CROSS R, SIDE, ROCK BACK R, HEEL R, BALL CHANGE, CROSS L, SIDE, ROCK BACK L, HEEL L, BALL CHANGE

1-2 Cross RF forward LF (1), LF to the left (2)
3&4& RF backward (3), bring back LF beside RF (BWL) (&), heel right fwd (4), bring back RF beside LF and recover BW RF (&)
5-6 Cross LF forward RF (5), RF to the right (6)
7&8& LF backward (7), bring back RF beside LF BWR (&), heel left fwd (8), put LF and BWL (&)

[25-32] TOE R, HEEL L, TOE R, HEEL L, STEP R, ¼ TURN L, STEP R, ¼ TURN L

1&2& To the diagonal (4h30) touch right toe behind LF (1), put RF (&), heel Left forward RF (2), put LF forward RF (&) 4H30
3&4 Touch right toe behind LF (3), put RF (&), heel Left forward RF (4) 4H30
5-6 Step RF (5) (3H), put RF with ¼ turn to the left (6) (12H)
7-8 Step RF (7) (12H), put RF with ¼ turn to the left (9H)

Restart here on the 3rd wall, start again the dance in front of 3h

Restart here on the 4th wall, start again the dance in front of 12h

[33-40] JAZZ BOX R, STEP LOCK STEP R, STEP LOCK STEP L

1-2 Cross RF forward LF (1), step back LF (2) 9H
3-4 RF to the right (3), together LF beside RF (4)
5&6 Step RF to the diagonal (5) (10H30), lock LF behind RF (&), step RF (6)
7&8 Step LF to the diagonal (7)(7H30), lock RF behind LF (&), step LF (8)

Source : this card is the original. If you have any questions do not hesitate to contact me :
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